

# Mexican Quinoa

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## **Ingredients**

1 tbsp olive oil  
2 garlic cloves (minced)  
1 1/4 cups reduced sodium chicken broth  
1 cup quinoa (uncooked, pre-rinsed)  
1 1/2 ozs diced tomatoes (with green chilies)  
1 1/2 ozs pinto beans (or black, drained and rinsed)  
1 1/2 cups frozen corn kernels  
1/2 tsp cumin  
1/2 tsp salt  
1/4 cup chopped cilantro fresh  
chopped cilantro fresh  
shredded reduced fat cheddar cheese  
low-fat sour cream

## **Directions**

In large saucepan, heat the olive oil to medium-high heat.  
Add garlic and sauté until fragrant – about 30 seconds.  
Add remaining ingredients (minus the cilantro and the toppings) and bring to a boil.  
Reduce heat to low and simmer for 20 – 25 minutes.  
Stir in cilantro just before serving.  
Serve with toppings.